



Apex Fitness Group™
100 Camino Ruiz
Camarillo, CA 93012

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December 7, 2005

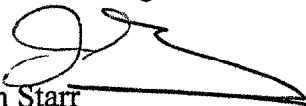
Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Nutritional Products, Labeling, and Dietary Supplements
5100 Paint Branch Parkway
College Park, Maryland 20740

Dear Sirs:

Notice is hereby given pursuant to Section 403 (r)(6)(21 U.S.C. 343(r)(6)) of the Federal Food Drug and Cosmetic Act that Apex Fitness Group, 100 Camino Ruiz, Camarillo, CA 93012 has marketed a dietary supplement under Apex Fitness Group Lean Resist Fat "Appetite Control Formula. Supports Appetite Control Formula. May Help Reduce Fat Consumption," bearing the following statement(s) on the label and/or in the labeling:

- (Statement 1) Who: formulated for people who tend to eat foods high in fat
- (Statement 2) With CCK to support the body's won appetite control mechanism – signals the brain that your stomach is full
- (Statement 3) May improve satiety at meals – feel full sooner
- (Statement 4) CCK is a compound secreted by the body to support fat digestion
- (Statement 5) New dosage recommendations for increased effectiveness
- (Statement 6) . Controlled release delivery system

The undersigned certifies that the information contained in this notice is complete and accurate and that Apex Fitness Group has substantiation that the statement(s) is truthful and not misleading. Pursuant to 101.93 (a)(1), two copies of this notification are enclosed.


Jim Starr
Director Product Development

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Do not take this product if you have pancreatitis or a family history of pancreatitis.
DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

KEEP OUT OF REACH OF CHILDREN

New Suggested Use: As a dietary supplement, take one tablet for every 50 lbs of body weight 3 times daily, 30 minutes before meals with 8 oz of water.

As with any nutritional product, to receive the desired benefits, this product should be used in conjunction with a well-balanced diet and exercise program. Please consult a physician before beginning any nutritional program. Not intended for use by people under the age of 18.

Does not contain yeast, corn, soy, wheat, lactose, citrus, milk, egg, fish products, sugar, salt, starch, artificial coloring, flavoring or preservatives.

Keep in a cool, dry place. Do not refrigerate.

Utilizes a natural protective coating.

* These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent disease.



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Manufactured by Phoenix Laboratories
Exclusively for Apex Fitness Group™
100 Camino Ruiz, Camarillo, CA 93012
www.apexfitness.com

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RESIST FAT

APPETITE CONTROL FORMULA*

apex

LEAN

SUPPORTS APPETITE CONTROL
MAY HELP REDUCE
FAT CONSUMPTION*

tablets

270

fat resistant dietary supplement

NO
STIMULANTS

**NEW
EXTRA
STRENGTH**

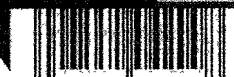
Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 270
Amount Per Serving
Cholecystokinin Stimulating Factors 200 mg
(containing 2000 picomoles CCK)

Other Ingredients: Calcium Phosphate, Microcrystalline Cellulose, Stearic Acid (vegetable sourced), Magnesium Stearate (vegetable sourced), Croscarmellose, Silica.

Cholecystokinin is a compound used by the body to support fat digestion and support appetite control mechanisms.*

GUARANTEED
QUALITY
LIQUID FILL



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